



Sleep Services for Adults provided by the Scottsdale Sleep Center:

Depression and Sleep

Everyone feels sad or blue at times. However, about 10-20% of Americans experience clinical depression at some point in their lives and the numbers are growing.

Sleeping irregularities are one of the defining symptoms of clinical depression. Occasionally depression may cause a person to oversleep, but more often causes insomnia or restless sleep. Just as depression may cause insomnia, chronic insomnia can trigger depression and anxiety disorders. Stirred up emotions from traumatic situations may also cause unrestful sleep.

The general rule is that if you have a sleep disturbance at night and daytime drowsiness, or if you have a mood disturbance that is severe enough to interfere with your daily activities or your ability to function, than you should seek treatment.

For depression, the key symptoms are a persistently low mood and a loss of ability to feel pleasure in things. If this lasts several weeks or more, then you should seek help either from a counselor or your primary care provider. If you have thoughts of suicide, you should seek professional help immediately.

What can you do in the short term to fall asleep?

Physical relaxation can be done by learning deep breathing techniques, taking a hot bath to relax the muscles, or getting outdoors during the day for a walk. Psychologically do not isolate yourself; see your friends and try to clear your mind before going to sleep by watching a fun television program or reading.

Please feel free to call the Scottsdale Sleep Center at (480) 767-8811 for more information on Depression/Anxiety and Sleep.